

# —Behavioural— Psychotherapy

---

Volume 17, Number 3

July 1989



**JOURNAL OF THE  
BRITISH ASSOCIATION FOR BEHAVIOURAL PSYCHOTHERAPY**

---

**ACADEMIC PRESS**

*Harcourt Brace Jovanovich, Publishers*

London San Diego New York  
Boston Sydney Tokyo Toronto

# Behavioural Psychotherapy

**EDITORIAL ADDRESS**  
*Behavioural Psychotherapy*  
*Department of Psychiatry*  
*University of Oxford*  
*Warneford Hospital*  
*Oxford OX3 7JX*  
*U.K.*

## EDITORS

David M. Clark  
Paul M. Salkovskis

## ASSOCIATE EDITORS

Ian Falloon (*Buckingham, U.K.*)  
Eileen Gambrill (*Berkeley, Calif. U.S.A.*)  
Kurt Hahlweg (*Munich, West Germany*)  
Peter Higson (*Denbigh, U.K.*)  
Roger McAuley (*Belfast, U.K.*)  
Lars-Goran Öst (*Uppsala, Sweden*)  
Janet Carr

## CONSULTING EDITORS

Ray Hodgson (*Cardiff, U.K.*)  
A. Desmond Poole (*Belfast, Northern Ireland*)  
G. Terence Wilson (*Rutgers, NJ., U.S.A.*)  
William Yule (*London, U.K.*)

## MANAGING EDITOR

Chris Brannigan (*Birmingham, U.K.*)

## BOOK REVIEW EDITORS

Brendan Bradley (*London, U.K.*)  
Sue Spence (*Sydney, Australia*)

## EDITORIAL ADVISORY BOARD

Kelly Brownell (*U.S.A.*), Robert Collins (*U.S.A.*), Joe Connolly (*U.K.*), Edward Craighead (*U.S.A.*), Paul Emmelkamp (*Netherlands*), K. Gunnar Gøtestam (*Norway*), Iver Hand (*West Germany*), David Horne (*Australia*), Barbara Hudson (*U.K.*), Derek Jehu (*U.K.*), Philip Kendall (*U.S.A.*), Neville King (*Australia*), Yves Lamontagne (*Canada*), Peter Lindsey (*U.K.*), Isaac Marks (*U.K.*), Bill Marshall (*Canada*), John Marzillier (*U.K.*), Andrew Mathews (*U.S.A.*), Jim Orford (*U.K.*), Jack Rachman (*Canada*), Howard Rankin (*U.S.A.*), Sten Ronnberg (*Sweden*), Bob Sanson-Fisher (*Australia*), Gudrun Sartory (*West Germany*), Tim Stockwell (*Australia*).

Papers should be submitted, in accordance with the Instructions to Authors on the inside back cover, to the Editors at the Editorial Address. Books, etc. for review should be sent to Brendan Bradley, Department of Experimental Psychology, University of Cambridge, Downing Street, Cambridge CB2 3EB, U.K. All other correspondence concerning the journal to: Academic Press Inc. (London) Ltd, 24-28 Oval Road, London NW1 7DX. Enquiries concerning membership of the British Association of Behavioural Psychotherapy should be addressed to Howard Lomas, Membership Secretary B.A.B.P., Craig House, Bank Street, Bury, Lancs, BL9 0BA.

BEHAVIOURAL PSYCHOTHERAPY ISSN 0141-3473. Volume 17, 1989, published quarterly by Academic Press at 24-28 Oval Road, London NW1 7DX, U.K. Annual subscription price including postage: £42 U.K. and U.S. \$92 overseas. Subscription orders should be sent to Academic Press Limited, Fooks Cray, Sidcup, Kent DA14 5HP, U.K. (Tel: 01-300-3322). Send notices of changes of address to the publisher at least 6-8 weeks in advance, including both old and new address. Second-class postage paid at Jamaica, NY 11431, U.S.A. Air freight and mailing in the U.S.A. by Publications Expediting Inc., 200 Meacham Avenue, Elmont, New York 11003.

U.S.A. Postmasters: Send address changes to BEHAVIOURAL PSYCHOTHERAPY, c/o Publications Expediting Inc.

©1989 British Association For Behavioural Psychotherapy. The appearance of the code at the bottom of the first page of a paper in this journal indicates the copyright owner's consent that copies of the paper may be made for personal or internal use, or for the personal or internal use of specific clients in the U.S.A. This consent is given on the condition within the U.S.A. that the copier pay the stated per-copy fee through the Copyright Clearance Center, Inc., 21 Congress Street, Salem, MA 01970, U.S.A. for copying beyond that permitted by Sections 107 or 108 of the U.S. Copyright Law. This consent does not extend to other kinds of copying, such as copying for general distribution, for advertising or promotional purposes, for creating new collective works for resale or for copying or distributing copies outside the U.S.A.